

Parent and Family Resource Center

December 2010 Workshops

Date	Time	Event	Location
December 2	9 – 10 a.m.	Joys and Stresses of Raising Children: <i>Parenting Support Group</i>	PFRC Ward 1 (inside Harriet Tubman ES, 3101 13 th St., NW) 202-673-2028
December 2	10 - 11:30 a.m.	Raising Your Challenging Child: <i>A Parent Training Program</i>	PFRC Ward 7 (inside Shadd ES, 5601 E. Capitol St., SE) 202-645-4374
December 8	9 – 10 a.m.	Is Your Child on Track to Graduate?	PFRC Ward 8 (inside M.C. Terrell ES, 3301 Wheeler Rd, SE) 202-645-6619
December 9	8 – 9 p.m.	Special Ed. Parent Monthly TeleChat	Call 202-724-7621 for the conference call number.
December 9	9 – 10 a.m.	Joys and Stresses of Raising Children: <i>Parenting Support Group</i>	PFRC Ward 1 (inside Harriet Tubman ES, 3101 13 th St., NW) 202-673-2028
December 9	10 - 11:30 a.m.	Raising Your Challenging Child: <i>A Parent Training Program</i>	PFRC Ward 7 (inside Shadd ES, 5601 E. Capitol St., SE) 202-645-4374
December 9	1 – 2:30 p.m	Understanding ADHD/ADD	PFRC Ward 7 (inside Shadd ES, 5601 E. Capitol St., SE) 202-645-4374
December 10	7 – 8:30 p.m.	Your Child, Drugs and Alcohol: Challenges and Choices	PFRC Ward 1 (inside Harriet Tubman ES, 3101 13 th St., NW) 202-673-2028
December 14	1 – 2:30 p.m.	Understanding Special Education	PFRC Ward 7 (inside Shadd ES, 5601 E. Capitol St., SE) 202-645-4374
December 15	9 – 10 a.m.	Sticks and Stones Can Break Your Bones And Words Can Really Hurt You – The Signs and Impact of Bullying	PFRC Ward 8 (inside M.C. Terrell ES, 3301 Wheeler Rd, SE) 202-645-6619
December 16	9 – 10 a.m.	Joys and Stresses of Raising Children: <i>Parenting Support Group</i>	PFRC Ward 1 (inside Harriet Tubman ES, 3101 13 th St., NW) 202-673-2028
December 16	10 - 11:30 a.m.	Raising Your Challenging Child: <i>A Parent Training Program</i>	PFRC Ward 7 (inside Shadd ES, 5601 E. Capitol St., SE) 202-645-4374



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Workshop Descriptions

Is Your Child on Track to Graduate?

Do you know what classes your child needs to take to be ready for college? If you answered “no” or “I don’t know” to either of these questions this workshop is for you. Learn how to use the Individual Graduation Portfolio (IGP), an on-line resource that can help you and your child understand their academic progress. Many features in the IGP can help your child make smart choices and do well in school. You will have the opportunity to use the IGP during this session. *Please note: All DCPS 6-12 graders have an IGP.*

The Joys and Stresses of Raising Children: *Parenting Support Group*

Join us to discuss and learn strategies to help you strengthen your parenting “toolkit.” Topics to be discussed include child development, understanding and controlling anger, resolving conflicts in a positive way, effective discipline and boundary-setting tips, and how to counter media influence. This 3-session workshop is facilitated by Silvia Diaz, Columbia Heights/Shaw Collaborative. For more information call 202-391-1887.

Raising Your Challenging Child: *A Parent Training Program*

This 9 session program is for parents of children (ages pre-school through elementary school) with challenging behaviors. The interactive format is designed to help parents identify the source of their child’s behavior and learn what they can do about it. At each session, Dr. Shapiro will provide proactive strategies for raising children with difficult temperaments and developmental differences. His hour-long presentation will be followed by 30 minutes of informal parent discussion. Registration is limited and is open to families of any DCPS student.

Participants are asked to commit to attending the remaining 3 sessions. To register or for more information please contact: Heather Rothenbuescher at heather.rothenbuescher@dc.gov or 202-480-0831.

Special Education Monthly Parent TeleChat

This monthly teleconference is a forum for parents of special education and struggling students to discuss their issues, share what they have learned, brainstorm solutions, and find information. For information on how to join the conversation contact Karla Reid-Witt by phone at 202-724-7621 or by e-mail at Karla.Reid-Witt@dc.gov.

Sticks and Stones Can Break Your Bones But Words Can Really Hurt You – The Signs and Impact of Bullying

Bullying is a real and debilitating issue that many students deal with – either as the victims of bullying or as bullies. Over the past several months, national attention has been focused on the potentially tragic impact of bullying. Join us to learn about the signs of bullying, the “new ways” kids are bullied (on-line and on cell phones), and what you can do to help address the issue.

Understanding ADHD/ADD

Did you know Terry Bradshaw (the athlete), Woody Harrelson (the actor), and Paul Orfalea (the founder of Kinko's) were all diagnosed with Attention Deficit Hyperactivity Disorder (ADHD)? Children with ADHD/ADD can be successful. During this workshop, participants will learn information about the characteristics of ADHD/ADD, how ADHD/ADD affects children at home and school, and what parents can do to help their children find success.

Understanding Special Education

Come hear about the special education process and the important role parents/guardians play. Participants will learn what special education is (and is not), and how it works.

Your Child, Drugs and Alcohol: Challenges and Choices

Kids receive mixed messages about drugs and alcohol all the time – from their peers, the media, and sometimes the community. This means families need to deal with and counter those messages all the time. Join us for a frank discussion - led by teen leaders from Students Against Destructive Decisions (SADD) - about what kids today think about drugs and alcohol, and how you can help your child make positive decisions.